



# SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT

## AIR QUALITY FORECAST



Forecast Valid Thursday, October 31, 2019

Issue Date: Wednesday, October 30, 2019

Area	Forecast Area	AQI	AQI Description	Pollutant	Cleanest Time of Day *
1	Central Los Angeles County	50	GOOD	PM2.5	<a href="#">See advisory</a>
2	Northwest Coastal Los Angeles Co.	50	GOOD	PM2.5	<a href="#">See advisory</a>
3	Southwest Los Angeles County Co.	57	MODERATE	PM2.5	<a href="#">See advisory</a>
4	South Coastal Los Angeles Co.	53	MODERATE	PM2.5	<a href="#">See advisory</a>
5	Southeast Los Angeles Co.	50	GOOD	PM10	<a href="#">See advisory</a>
6	West San Fernando Valley	39	GOOD	Ozone	<a href="#">Similar all day</a>
7	East San Fernando Valley	46	GOOD	PM2.5	<a href="#">Similar all day</a>
8	West San Gabriel Valley	44	GOOD	Ozone	<a href="#">See advisory</a>
9	East San Gabriel Valley	42	GOOD	Ozone	<a href="#">See advisory</a>
10	Pomona/Walnut Valley	40	GOOD	Ozone	<a href="#">See advisory</a>
11	South San Gabriel Valley	51	MODERATE	PM10	<a href="#">See advisory</a>
12	South Central Los Angeles Co.	55	MODERATE	PM2.5	<a href="#">See advisory</a>
13	Santa Clarita Valley	54	MODERATE	PM10	<a href="#">Similar all day</a>
14	Antelope Valley	56	MODERATE	PM10	<a href="#">Similar all day</a>
15	San Gabriel Mountains	54	MODERATE	PM10	<a href="#">Similar all day</a>
16	North Orange County	55	MODERATE	PM10	<a href="#">See advisory</a>
17	Central Orange County	56	MODERATE	PM10	<a href="#">See advisory</a>
18	North Coastal Orange County	55	MODERATE	PM10	<a href="#">See advisory</a>
19	Saddleback Valley	54	MODERATE	Ozone	<a href="#">Similar all day</a>
20	Central Coastal Orange County	55	MODERATE	PM10	<a href="#">Similar all day</a>
21	Capistrano Valley	54	MODERATE	PM10	<a href="#">Similar all day</a>
22	Corona/Norco Area	58	MODERATE	PM10	<a href="#">See advisory</a>
23	Metropolitan Riverside County	71	MODERATE	PM10	<a href="#">See advisory</a>
24	Perris Valley	55	MODERATE	PM10	<a href="#">See advisory</a>
25	Lake Elsinore Area	55	MODERATE	PM10	<a href="#">Similar all day</a>
26	Temecula Valley	55	MODERATE	PM10	<a href="#">Similar all day</a>
27	Anza Area	55	MODERATE	PM10	<a href="#">Similar all day</a>
28	Hemet/San Jacinto Valley	55	MODERATE	PM10	<a href="#">Similar all day</a>
29	Banning/San Gorgonio Pass	55	MODERATE	PM10	<a href="#">Similar all day</a>
30	Coachella Valley	57	MODERATE	PM10	<a href="#">See advisory</a>
31	East Riverside County	57	MODERATE	PM10	<a href="#">Similar all day</a>
32	Northwest San Bernardino Valley	57	MODERATE	PM10	<a href="#">See advisory</a>
33	Southwest San Bernardino Valley	62	MODERATE	PM10	<a href="#">See advisory</a>
34	Central San Bernardino Valley	55	MODERATE	PM10	<a href="#">See advisory</a>
35	East San Bernardino Valley	55	MODERATE	PM10	<a href="#">See advisory</a>
36	West San Bernardino Mountains	55	MODERATE	PM10	<a href="#">Similar all day</a>
37	Central San Bernardino Mountains	55	MODERATE	PM10	<a href="#">Similar all day</a>
38	East San Bernardino Mountains	55	MODERATE	PM10	<a href="#">Similar all day</a>
39	Phelan	40	GOOD	Ozone	<a href="#">Similar all day</a>
40	Hesperia	42	GOOD	PM2.5	<a href="#">Similar all day</a>
41	Trona	40	GOOD	PM10	<a href="#">Similar all day</a>
42	Victorville	42	GOOD	PM2.5	<a href="#">Similar all day</a>
43	Yucca Valley	42	GOOD	Ozone	<a href="#">Similar all day</a>
44	Barstow	40	GOOD	PM10	<a href="#">Similar all day</a>
45	Twentynine Palms	40	GOOD	Ozone	<a href="#">Similar all day</a>

\* The **Cleanest Time of the Day** is based on forecasts of below-average AQI for PM<sub>2.5</sub> and Ozone. These forecasts do not include PM<sub>10</sub>. They may differ from the actual AQI and users should also check the current AQI measurements at <http://www.aqmd.gov/aqimap> to plan outdoor activities.

### What To Do When Air Pollution Reaches Unhealthy Levels

In areas with **UNHEALTHY FOR SENSITIVE GROUPS** air quality (AQI of 101 to 150), sensitive or susceptible persons, including children, older adults and those with heart or lung disease, should minimize outdoor activity.

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 132 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue all vigorous outdoor activities regardless of duration.

Detailed Air Quality Forecasts Including Wildland & Agricultural Burn Forecasts:

<http://www.aqmd.gov/forecast>

Daily Air Quality Forecasts and Advisories by Email -- Subscribe or Modify Settings at:

<http://www.airalerts.org>

AQMD Web Site for Current AQMD Air Quality Measurements, Forecasts and Advisories:

<http://www.aqmd.gov/>

or by Telephone with our Interactive Voice Response System: 1-800-CUT-SMOG (1-800-288-7664)

Contact AQMD: 1-800-CUT-SMOG or (909) 396-2000

Forecast Area Map:

<http://www.aqmd.gov/ForecastAreas>